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ABSTRACT

This paper provides the outline of a session in dance at the annual meeting of the American Alliance for Health, Physical Education, Recreation, and Dance. The purpose of the session was to provide an opportunity to celebrate individual differences while learning new skills for lifelong leisure activity through an English dance form known as "Sequence Dancing." The paper describes the popularity of sequence dancing in England and lists the moves to five particular sequence dances: Lilac Waltz; "Q.E.II" Goes Latin; Cambridge-Oxford Stroll; Jive; and Manor House Shuffle. (JB)

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Sequence Dance for Lifelong Leisure Activity An International Experience!

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Session Outline

a. Purpose:

To provide an opportunity to celebrate individual differences while learning new skills for lifelong leisure acitvity through an English dance form known as "Sequence Dancing".

b. Learning Objectives:

1. Experience and learn new social dance skills through the lifelong leisure pursuit known as "Sequence Dancing"

2. Develop an appreciation for other cultures through the international experience of English "Sequence Dancing"

3. Build confidence and skills to implement the lifelong leisure pursuit of English "Sequence Dancing"

c. Target Audience:

Literally all ages. It is quite appropriate for all school age children and all adults. It is truly an intergenerational lifelong acitvity.

d. Method of Presentation:

Lecture, demonstration, experiental/participatory

This article grew from a trip to an international dance festival in England. There were many many different facets of social and ballroom dance that this writer had neither seen or experienced at this level prior to taking the trip. This article focuses on one particular English dance form from the fesitival that was called "Sequence Dancing".

Historically, this is a dance form that has contributed significantly to the development of our current social and ballroom dance programs. The following information is an attempt to capture some of the excitement and flair of this lifelong leisure activity known as sequence dancing.

In the forward, written by Leonard Morgan of the British book by Michael Gwynne (1989) titled Sequence Dancing, a great deal of incite into the nature of sequence dancing has been provided. The main point that Morgan made is that Sequence Dancing is a "style of dancing based on tuneful music, graceful movement and, may I add, good manners". Morgan went on to tell us that it was after the war, and I assume that he means WWII, that Old Time and Sequence Dancing experienced a major surge of interest. The official board of ballroom dancing in Great Britain set up a committee that standardized both technique and dances found in Sequence Dancing.

Today, Morgan tells us that Sequence Dancing is as popular as ever with all ages and ability levels. In addition, he adds that there is room for all ages to participate in Sequence Dancing from the causal dancer to the serious competitor. Sequence Dancing is a true lifetime pursuit providing entry level by skill level at all ages and ability levels.

Sequence Dancing, Morgan (Gwynne 1989) tells us, has spread from Great Britain into Europe, Australia, and that a great deal of interest is being shown in the U.S.A. The following statement by Morgan best sums up this activity: "Dancing can be the key to a new life of fun

and friendship and it is becoming more widely known that it is the nicest possible way to keep fit" (p.viii).

The sequence dances that follow were collected while attending the 1993 International Ballroom Dance Festival in England. The first four are sequence dances ranging from an old time/traditional dance called the "Lilac Waltz" to three contemporary sequence dances called "Q.E. II Goes Latin", the "Cambridge-Oxford Stroll", and the "Manor House Shuffle". A fourth dance called the "Jive ", the English counterpart to our Triple Lindy with a few modifications, has been included due to its popularity with Sequence and Ballroom dancers both abroad and here in the states.

Take any or all of these dances and put them into your programs to help develop fun and fitness for a lifetime of healhful living.

Lilac Waltz

Double circle, partners standing side by side holding inside hands, gentlemen start on left foot and ladies do the opposite.

Part I.

Step fwd L and point R (3 cts); step bkwd R and point L (3 cts); step bkwd L and point R (3 cts), 9 counts total.

Part II.

1/2 turn out, step R and close L beside R (3 counts); 1/2 turn in, step L and close R beside L (3 counts); step R fwd point L to side facing partner (3 counts); step bkwd L and point R fwd (3 counts); step together into a closed dance positon (3 counts); 15 total counts.

Part III.

Four waltz steps in a full turn (gentleman starts bkwd on L) closed position, 12 counts total.

Part IV.

End the dance ready to start again with a balance away and together, 6 counts total.

Repeat dance.

Source: "Championship Old Time Dancing" CD 6894

C&D Dance Records
145 Chestnut Avenue
Eastleigh, England
S05 5BB GB

"Q.E.II" Goes Latin: a dance with international flavor

Double circle, partners facing in a closed positon, start on gentleman's left and ladies right.

Part I.

Two rhumba basic steps in a box (quick, quick, slow), two times, 16 counts.

Part II.

Crossover (QQS) to gentleman's left and ladies right; crossover (QQS) to gentleman's right and ladies left, two times, 16 counts.

Part III.

Turn away/out (QQS) and turn in (QQS), two times, 16 counts.

Part IV.

A. Two rhumba basic steps in a box (QQS), 8 counts.

B. Back up and mark time (QQS), forward to next partner on the left (QQS), 8 counts.

Repeat dance-64 total counts.

Suggested music: "Blame It on the Bossa Nova" (slow rhumba music is best).

Cambridge - Oxford Stroll: a dapper dance

Single circle, closed position, gentleman facing CCW, start on gentleman's L and ladies R.

Part I.

Gentlemen walk fwd 4 and ladies bkup 4, start on inside foot, then reverse with the gentleman backing up 4 steps and the ladies going fwd 4, 8 counts total.

Part II.

All face center and Charleston step in and out, two times, 8 counts total.

Part III.

Drop partners hand and take new partners with the ladies on the gentlemen's left or gentlemen on the ladies right. Lady walks around in front of the gentleman and with a jump turn on counts 4 through 8 in this sequence to finish in a closed position ready to move CCW.

Part IV.

Closed eight count turn (polka turn) CW with the new partners and end in a single circle facing new partners ready to repeat the dance.

Repeat dance-32 counts.

Suggested music: Varsity Drag, Charleston (any 4/4 slow music, big band, or popular music).

Jive: England's Swing

This is basically the same as our Triple Lindy, except that the English do this dance to a little faster tempo and step higher off the

ground than we do in the USA. It's based on the triple step, triple step, rock step combination.

Manor House Shuffle: a social mixer for all creatures great and small

Double circle, partners facing and holding hands.

Part I.

Hustle step CCW (step, close, step, and touch), hustle step CW (step, close, step, and touch), 8 counts.

Part II.

Repeat, lady does a turn under and then comes back with a turn under to face partner again during the hustle step, 8 counts.

Part III.

Both face CCW, hold inside hands and step, lift, step, touch, step, lift, step, touch, 8 counts (same as skipping - 4 step hops).

Part IV.

Back away from each other with four steps and move fwd to next partner on the left with four steps, 8 counts.

Repeat dance-32 counts.

Suggested music: Wild, Wild, West (slow 4/4 big band or popular music).

This form of dancing and this collection of dances has the potential to add a whole new and exciting dimension to your program. The

book cited in the reference list is full of sequence dances and could provide virtually all the dances for a program in Sequence Dancing that an individual might ever need. Give these a try and see what you and your students think.

References

Gwynne, M. (1989). Sequence dancing. London: A.&C. Black.